



## **Macon County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Macon County School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Macon County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy and the sick leave bank
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$29,095.00.

Community partnerships have been formed to address school health issues. Current partners include:

- |  |   |
|--|---|
| ➤ Local Health Council   | ➤ National Guard Armory   |
| ➤ Staff Coordinating Council   | ➤ Nestle Waters   |
| ➤ Healthy School Teams   | ➤ Regional Health Department  |
| ➤ Macon County Health Department   | ➤ Macon County Sheriff's Department   |
| ➤ CSH Coordinator and Assistant serve on Community Advisory Board (CAB)  | ➤ Local Fire Department   |
| ➤ CSH Coordinator serves on Wellness Council (partnership with Health Council) and sponsors Annual Makin Macon Fit Family Fitness Festival | ➤ Lafayette City Police   |
| ➤ CSH partners with Vanderbilt to sponsor Girlforce/Boyforce workshop for all 5 <sup>th</sup> grade students                               | ➤ Macon County General Hospital   |
|  | ➤ Local EMS, Air Evac, and Vanderbilt   |
|  | ➤ U.T. Extension office   |
|  | ➤ Susan Koman Foundation  |
|  | ➤ Tennessee Tech  |
|  | ➤ Macon County Lion/Lioness club  |
|  | ➤ Local Wal-Mart  |
|  | ➤ Piggly Wiggly   |
|  | ➤ Save-a-lot  |
|  | ➤ Upper Cumberland Coordinators   |
|  | ➤ Tennessee School Health Coalition: Middle Tn. Representative and Treasurer) |

## Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Makin Macon Fit, Macon County Health Council, School Health Teams, Girlforce/Boyforce, Red Ribbon Week, BMI screenings, hearing/vision screenings, Backpack Program. Currently, 75 parents are collaborating with CSH.

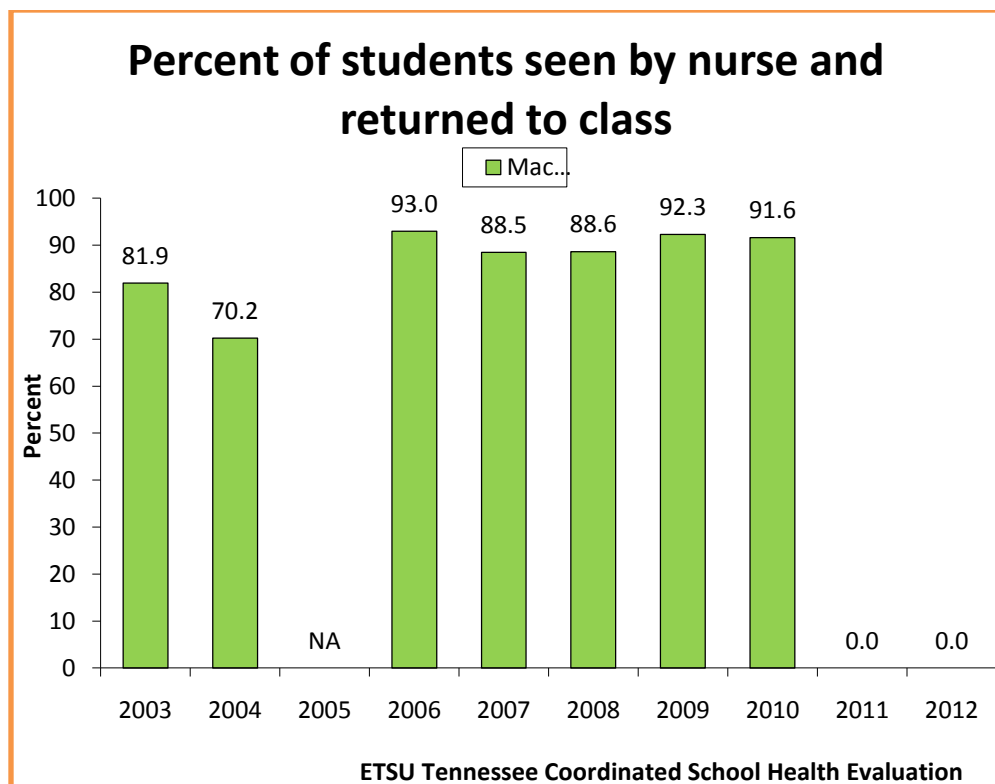
Students have been engaged in CSH activities including Makin Macon Fit, Macon County Health Council, School Health Teams, Girlforce/Boyforce, Red Ribbon Week, BMI screenings, hearing/vision screenings, Backpack Program, and Parent/Teacher conferences. Approximately 90 students are partnering with CSH to address school health issues.

## School Health Interventions

Since CSH has been active in the Macon County School System, the following health interventions have taken place:

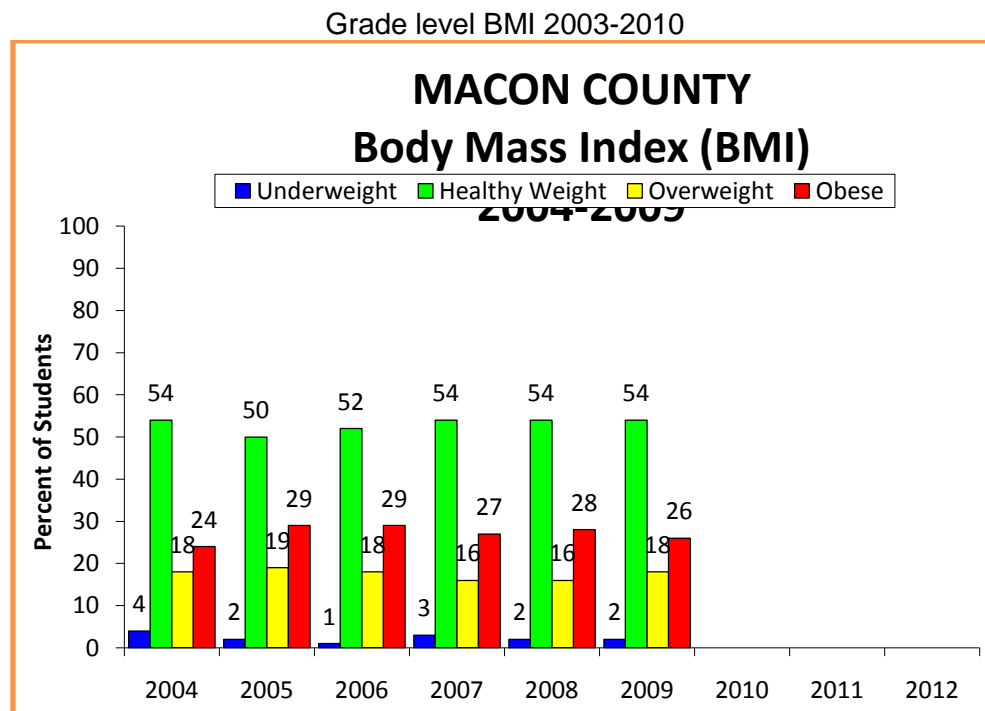
School Health Screenings and Referrals to Health Care providers – total number screened BMI, Vision, Hearing, Blood Pressure, and Scoliosis = 4358. There were 130 Vision referrals, 37 hearing referrals and 749 BMI referrals;

Percent of students seen by nurse and returned to class, pilot system data



Between (2004 and 2010) 87.3% of students seen by a nurse were returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.



In group one (students screened in 2004, 2006, 2008) the percent of students at a healthy weight has not improved. In group two (students screened in 2005, 2007, 2009) percent of students at a healthy weight has improved. Body Mass Index is a very difficult health indicator to change. It is best used as an indicator for program planning;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trails for five elementary schools, salad bars for school cafeterias, AED's, exercise equipment, Michigan Model curriculum, Take 10! curriculum, nutrition materials, anti-tobacco materials, scales, audiometers, and vision screening equipment;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include physical education/wellness in-service at Tennessee Tech, Michigan Model training, Take 10! training, OSHA training, Rural Health Association of Tennessee Conference, American School Health Association Conference, and TAPHERD;

School faculty and staff have received support for their own well-being through staff screenings, BMI, blood pressure, blood sugar, flu and H1N1 shots, hepatitis shots, weight loss groups. Biggest Loser, Do you know your Weigh in?, and Zumba classes.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Health Educator hired, Growing Healthy training and curriculum, assets program, Cumberland Crisis (abstinence program), Get Real about AIDS, CPR/ first aid training, Michigan Model curriculum, and Tar Wars program;
- Physical Education/Physical Activity Interventions – Blue Cross Walking Works for Schools, Presidential Challenge, 90 minute physical education/physical activity law, walking trails established, Makin Macon Fit, Girlforce/Boyforce, and Balance First program;
- Nutrition Interventions – Vending Law (Grades k-8), diabetes awareness, Michigan Model curriculum, Take 10! curriculum, nutrition education through various outlets, Health Department, UT Extension, Makin Macon Fit, Girlforce/Boyforce, Carb Counts, and sugar free soft drink vending
- Mental Health/Behavioral Health Interventions – Mental Health Grant providing mental health counselor at Westside Elementary School and a Mental Health Team formed.

In such a short time, CSH in the Macon County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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